

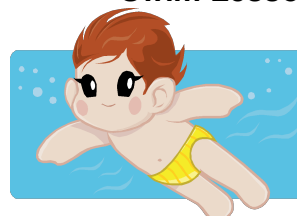


Park and Recreation Department

1104 Sunset Drive Norwalk, IA 50211 515.981.9206



2020 Baby/PreSchool Swim Lessons



Parent & Child (Baby Lessons: 18 months to age 2)

A parent will need to get in the water with this age group. Attendees must be compliant with our Aquatic Center Reopening Poli

Cost: \$20.00 resident /\$23.00 non-resident (outside of Norwalk's city limits)

Min/Max per class: 4/10

| Date | Time | Level | Class # | Class # | Class # |
|------------------|-----------------|-------|---------|---------|---------|
| Jul 27 to Jul 31 | 6:00pm - 6:25pm | Baby | 1 | 2 | 3 |

Parent/Child Lessons- No skill prerequisites

Children must be at least 6 months old. Parent must accompany the child to each class.

The purpose of the Parent/child class is to familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. To provide safety information for parents and teach techniques parents can use to orient their children to the water.

Parent/Child class provides experiences and activities for children to Learn how to ask for permission before entering the water, learn how to enter and exit the water in a safe manner, feel comfortable in the water, explore submerging to the mouth, nose and eyes completely, establish expectations for adult supervision, learn how to play safely, change body position in the water and explore buoyancy on the front and back positions

Preschool Aquatics (Ages 3 and 4)

A parent will need to get in the water with this age group. Attendees must be compliant with our Aquatic Center Reopening Poli

Cost: \$25.00 residents/ \$29.00 non-residents (outside Norwalk's city limits)

Min/Max per class: 4/6

| Date | Time | Level | Class # | Class # | Class # |
|------------------|-----------------|---------|---------|---------|---------|
| Jul 6 to Jul 10 | 6:00pm - 6:25pm | 4 Years | 13 | 14 | 15 |
| Jul 13 to Jul 17 | 6:00pm - 6:25pm | 3 Years | 16 | 17 | 18 |
| Jul 20 to Jul 24 | 6:00pm - 6:25pm | 4 Years | 19 | 20 | 21 |
| Jul 27 to Jul 31 | 5:00pm - 5:25pm | 3 Years | 22 | 23 | 24 |
| Jul 27 to Jul 31 | 5:30pm - 5:55pm | 4 Years | 25 | 26 | 27 |

Level 1- No skill prerequisites

Children should be approximately 3 years old to 5 years old. The purpose of Preschool Level 1 is to familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. To help participants begin to develop positive attitudes and safe practices in and around water.

Preschool Level 1 orients children to the aquatic environment and helps them gain basic aquatic skills. Enter and exit water using ladder, steps or side, blow bubbles through mouth and nose, submerge mouth, nose and eyes, bobbing, open eyes under water and retrieve submerged objects, front and back flides and recover to a vertical position with assistance, back float and recover to a vertical position with assistance, back float and recover to a vertical position with assistance, roll from front to back and back to front with assistance, tread with arm and hand actions, with assistance, alternating and simultaneous leg action son front and back with assistance, alternating and simultaneous arm actions on front and back with assistance, combined arm and leg actions on front and back with assistance.

Level 2- Successful demonstration of the Preschool Aquatics Level 1 exit skills assessment is required

The purpose of Preschool Level 2 is to build on and improve skills learned in Preschool Aquatics Level 1 and to Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1.

Preschool level 2 helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Enter water by ladder, steps or jumping in from side of pool, fully submerge and hold breath 2-3 seconds, bobbing, front, jellyfish and tuck floats, recover from a front or back float or glide to a vertical position, back float and glide, change direction of travel while swimming on front or back, tread water suing arm and leg actions, combined arm and leg actions on front and back, finning arm action on back.